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Your essential daily news | TUESDAY, DECEMBER 20, 2016

High -11°C/Low -5°C Light snow

Pharmacist Mike Watts has sold about 200 naloxone kits so far at Brothers Pharmacy on Selkirk Avenue.

JESSICA BOTELHO-URBANSKI/FOR METRO



ARMED with NALOXONE

More frontline workers trained, as pharmacies stock shelves with kits

metroNEWS

Wheels in motion to give safe shelter

HOMELESSNESS

Vans and buses mobilized to help the vulnerable stay out of the cold



Braeden Jones
Metro | Winnipeg

Emergency transportation has quickly materialized as one of the key ways to keep Winnipeg's most vulnerable residents safe from the deadly clutches of winter.

In the wake of recent frigid temperatures — and the death of a 53-year-old woman who spent the night outside — the Main Street Project resurrected its long-defunct patrol van and began shuttling people left in the cold to shelters. The group lost funding six years ago, putting the van in park up until last week.

The van will be used sporadically on the coldest of nights, and function primarily in the North End and downtown Winnipeg.

Then, this week, a second vehicle operated by the Salvation Army's

Booth Centre shelter began roaming the inner city to offer a different kind of service.

"It's similar possibly in the way that it will be out there on the street, patrolling," said Booth Centre co-ordinator Mark Stewart. "But it's not as much of a shuttle system ... it's also a mobile warming station."

Not everyone who gets into the specially retrofitted ambulance will need a ride some place warm, he explained, because the vehicle itself is the warm place.

As well, at an emergency meeting of more than 20 stakeholder groups involved with the homeless community, Winnipeg Transit representatives apparently made clear that bus operators are able to open their doors to people in distress — which End Homelessness Winnipeg spokesperson Louis Sorin said the groups will start encouraging people to take advantage of.

"That's not something that's widely known," he said.

As well, the City of Winnipeg will contribute to map heated bus shelters or buildings that can be accessed during extreme weather, and mapping bus routes that lead to shelters and warming stations.

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Opposition rings in the new year questioning the future

POLITICS

Liberals, NDP face leadership races, financial hurdles in 2017

Manitoba's opposition parties will spend much of their time in 2017 trying to find new leaders that can mend rifts, raise much-needed money and put together teams that might be more competitive in the next provincial election.

It's a daunting challenge for the NDP, who lost power in the provincial election in April, have seen fundraising plummet and — by their interim leader's own admission — require a lengthy healing process.

"The NDP, particularly, seems in disarray. They're lacking discipline and cohesion at times ... and have a whole series of challenges facing them beyond leadership," said Paul Thomas, professor emeritus of political studies at the University of Manitoba.

The NDP suffered an internal revolt in 2014 when five senior cabinet ministers called on then-premier Greg Selinger to resign. Selinger stayed on until election night, when he announced he would step down as leader but

retain his legislature seat.

With Selinger still in caucus — and one of his supporters during the leadership crisis, Flor Marcelino, selected as interim leader — the NDP remain divided.

The NDP has also lost experienced staff from their government years and popular politicians such as Kevin Chief, who announced last week he is leaving politics to spend more time with his family.

The New Democrats have also run into problems in recent weeks: One caucus member compared a government minister to a Nazi, two others targeted Tory women with heckling during a debate and had to apologize. Among those interested in taking on the challenge is Rebecca Blaikie, former president of the federal NDP,



The NDP, particularly, seems in disarray.

Paul Thomas

who said in a recent interview that she is "exploring the possibility" of running for leader. Michelle McHale, who gained prominence after organizing the first-ever pride parade in Steinbach, Man., this year, is also considering a run. Newly-elected caucus members Wab Kinew and Nahanni Fontaine have also said they are weighing leadership bids.

The provincial Liberals are also searching for a new leader after former boss Rana Bokhari resigned. THE CANADIAN PRESS



Manitoba's interim NDP leader Flor Marcelino speaks to media after the provincial budget is read in the Manitoba Legislature in Winnipeg, in May 2016. Manitoba's opposition parties will spend most of 2017 trying to find new leaders that can mend rifts, as both the provincial NDP and Liberal parties are scheduled to hold leadership conventions next year. JOHN WOODS/THE CANADIAN PRESS

SEXUAL ASSAULT

Teen to be tried as an adult

A teen who took part in two high-profile sex attacks in Winnipeg faces the prospect of a life sentence after a judge ruled Monday he should be punished as an adult.

The offender, who was 17 at the time of the random attacks on a teen and a woman in November 2014, can't be identified until the court imposes his sentence next year.

He pleaded guilty to two counts of aggravated sexual assault earlier this year. He had no criminal record at the time of the attacks.

Seated in the prisoner's dock, he hung his head and showed no apparent emotion as Court of Queen's Bench Justice Gerald Chartier ruled a youth sentence would not be long enough to hold him accountable and allow for his safe re-entry into society.

The maximum sentence for aggravated sexual assault under Canada's youth justice system is three years. As an adult, it is life in prison.

Neither the Crown nor defence has made sentencing recommendations yet.

Co-accused Justin Hudson, 22, has pleaded guilty to the same charges and is awaiting a different judge's decision on sentencing. The Crown wants him to serve a life term without a chance of parole for seven years.

Chartier called the woman and the teen girl "random and helpless victims" who were subjected to "gratuitous violence."

Neither can be identified due to a publication ban.

THE CANADIAN PRESS

DEVELOPMENT

City denies breaking Kenaston snow dump deal with company



Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg denies it broke a deal with Caspian Construction over a 13-acre plot of land known as the Kenaston snow dump.

In fact, the city alleges it was the company that violated the \$5.2-million agreement, according to a statement of defense filed at Manitoba's Court of Queen's Bench last Friday.

Caspian filed its initial claim, plus an affidavit signed by com-

pany president, Armik Babakhanians, on Nov. 16.

Recently, both parties agreed to placing an injunction on the land until September 2017, preventing the city from selling it until the dispute is resolved.

In the meantime, residents can expect to see that familiar white mountain return this winter as the city plans to resurrect the snow dump.

Court documents say that back in July 2014 Caspian offered to buy the plot of land, located in a public right-of-way along Kenaston Boulevard South, for \$5.2 million after the

city had declared it surplus.

By that August, Caspian paid the city an upfront deposit of \$780,000 and, three months later, and the committee on planning, property and development approved the sale — albeit with a few stipulations.

One of the requirements outlined in a 2014 staff report was that Caspian had to complete a collaborative planning process because the property fell within the Tuxedo LaFarge redevelopment site — a 50-acre chunk of land just west of Kenaston Boulevard near IKEA — which requires the approval of an area

master plan before future development of that site.

In his affidavit, Babakhanians says this request was not part of the agreement.

The city alleges that after signing the deal in December 2014, it granted the company three extensions to apply for the land to be rezoned from industrial to commercial use.

By August 2015, the city's statement alleges the company submitted a project description, work plan and proposed area development plan for the city.

Caspian also applied for the land to be rezoned in Septem-

ber 2015, with both parties agreeing for council to approve the application by May 2016 and the company to take possession 30 days later.

But the company's proposed master plan was severely lacking, according to the city's statement.

The city alleges the plan did not meet the infrastructure needs required at the site and failed to address relevant policies in OurWinnipeg — a document that outlines a 25-year development plan for the city.

"The city worked with Caspian to remedy the deficiencies

in the proposed area master plan but Caspian was unwilling or unable to remedy the deficiencies," the statement reads.

The city alleges the company then requested its rezoning application to be withdrawn and asked for another extension of time, which the city denied.

In June 2016, the statement says the city received a \$4.4-million payment from Caspian in order to close the deal, but refused it and told the company it was in violation of the agreement. The city requests the court dismiss Caspian's claims at cost to the company.

Pharmacies stocking shelves with unusual stocking stuffers

HARM REDUCTION

Family members buy naloxone kits as festive gifts



Jessica Botelho-Urbanski
For Metro|Winnipeg

They may not seem like the most festive holiday presents, but local pharmacists are encouraged to see naloxone kits being used as gifts.

"We had someone buy some for their stocking stuffers. It's such a harmless thing if you use it, but it can do so much good," said Mike Watts, owner and manager of Brothers Pharmacy on Selkirk Ave.

Brothers Pharmacy is one of at least three local pharmacies carrying naloxone kits for members of the public to buy. Theirs are about \$40 each, while both Taché Pharmacy locations (on Taché Ave. and McPhillips St.) are selling kits for about \$60.

By the end of the week, the College of Pharmacists of Manitoba expects to release a complete list of locations where naloxone kits are available to



Naloxone kits at Brothers Pharmacy come with two doses of the potentially life-saving drug. JESSICA BOTELHO-URBANSKI/FOR METRO

purchase.

"We're really not looking to make any money off of this. We're just looking to get it out and help people," Watts said, adding they've sold about 200

kits so far.

"I'm not condoning the use of opiates, but we know it's happening. We're not going to stop it anytime soon, so here we're all about harm reduction.

And this is definitely something that can reduce some harm."

At Taché Pharmacy, the range of customers buying kits has spanned from con-

cerned family members to frontline workers, said pharmacist Shawn Chohan.

"It's mothers or friends or people that kind of want to carry it on them because they

feel like they see a lot of people that possibly might overdose," he said. "Sometimes it's certain agencies that would call and say, 'our staff interact with a lot of people who could possibly overdose, so we want them to be trained on it, too.'"

On Monday, Chohan was helping teach staff at Siloam Mission how to use the injection kits safely. They practised by poking mandarin oranges with needles, said Angelika Fletcher, manager of the Saul Sair Health Centre at Siloam.

Nearly 100 Siloam volunteers and staff are scheduled for naloxone kit training from Monday to Wednesday this week, she said.

"We here at Siloam haven't had an overdose yet, thankfully. But it's in the media and everybody's talking about it," Fletcher said. "We decided, 'Hey, might as well be prepared.' We hope we never have to use it, but be prepared."

Watts has also helped train dozens of members of the Bear Clan Patrol and nightclub staff on how to use naloxone.

On Monday, the Manitoba government announced it would be providing \$30,000 in funding for naloxone kits for police forces to use across the province.

Naloxone kits — some frequently asked questions

HOW DOES NALOXONE WORK?

"Your brain will naturally monitor the CO2 oxygen levels in the body and you'll breathe without even thinking about it because of that. What opiates do is they go down and they kind of combine to receptors in your brain and slow down

or stop the brain's ability to (monitor breathing).

So what naloxone does is it only works with the opiate receptors in the brain, and it kind of pushes them out from there. And then it allows your brain to do its normal job."

— SHAWN CHOHAN, TACHÉ PHARMACY

WHY ARE THERE TWO VIALS PER KIT?

"The reason we have two vials is because naloxone works in the body for about half an hour to an hour. So sometimes what can happen is you can use naloxone and a little bit later it can wear off, essentially due to the amount of drug you're

taking. Or if you've taken long-acting drugs, the overdose can possibly come back. So that's why we have another dose in there, just in case.

And also, one vial might not be (enough). Usually if you use the (first) dose within a minute or so, you'll notice a response — it's pretty quick.

And then what we suggest is if you haven't seen any improvements within about four to five minutes, it's probably a good idea to give another dose."

— SHAWN CHOHAN, TACHÉ PHARMACY

SHOULD I CARRY A KIT WITH ME IN PUBLIC?

"You really shouldn't get in

trouble. I understand that if you're taking it to a Jets game or something like that, the venues themselves would have a list of substances that weren't allowed and so just be aware of where you're going ... (but) there's nothing illegal about carrying a naloxone kit."

— MIKE WATTS, BROTHERS PHARMACY



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Obama pardoned 78 people and shortened sentences for 153 others. THE ASSOCIATED PRESS

UNITED STATES

Obama grants record pardons to 78 people

President Barack Obama has pardoned 78 people and shortened the sentence of 153 others convicted of federal crimes, the greatest number of individual clemencies in a single day by any president, the White House said Monday.

Obama has been granting commutations at rapid-fire pace in his final months in office, but he has focused primarily on shortening sentences of those convicted of drug offences rather than giving pardons.

Neil Eggleston, Obama's White House counsel, said

Obama has now pardoned a total of 148 people during his presidency. He has also shortened the sentences of 1,176 people, including 395 serving life sentences.

Eggleston said each clemency recipient's story is unique, but a common thread of rehabilitation underlies all of them. Pardon recipients have shown they have led a productive and law-abiding post-conviction life, including by contributing to the community in a meaningful way, he said.

THE ASSOCIATED PRESS

SWITZERLAND

Gunman attacks mosque

A gunman dressed in black stormed into the prayer hall of a mosque frequented by Somali immigrants and opened fire, wounding three people before fleeing, a Zurich police spokesman said Monday.

Police, who rushed to the scene in a central neighbourhood known for trendy cafes and the city's red-light district, were also investigating a possible connection to the discovery of a corpse at nearby Gessner bridge over the Sihl River, police spokesman Marco Bisa said.

Authorities weren't considering the attack as terrorism. Police also said it was too early to determine whether there might be any link to an incident in Berlin also on Monday, where a truck rammed into a Christmas market.

"The unknown person fired several shots and fled from the building," Bisa said. "The shooting took place inside a prayer room with several people in it. Two victims were severely injured." THE ASSOCIATED PRESS



A man identified as Mevlut Mert Altintas killed Andrei Karlov, the Russian Ambassador to Turkey, shouting: "Don't forget Aleppo! Don't forget Syria!" THE ASSOCIATED PRESS & GETTY IMAGES

We need to talk about the real tragedy

The man who killed the Russian ambassador was born in 1994, the year of the Rwandan Genocide, and was 16 when the Syrian civil war started; a child became a man in monstrous times



Vicky Mochama
Metro | Toronto

Angry young men with weapons — trucks, guns, bombs, the Internet — exist everywhere; they have the ability to upend fragile peaces and spark destructive wars. An apparent terror attack in Berlin, and the assassination of the Russian ambassador to Turkey yesterday are being compared with the initiating acts of World War I.

I don't know if the comparison is fair, but I am concerned that these tragedies will exacerbate the global refugee crisis. According to the UN Refugee Agency, there are 65.3 million displaced persons, the largest movement of people since the end of World War I. Nearly a third of the refugee population comes from Syria (4.9 million), Afghanistan (2.7 million) and Somalia (1.1 million).

In fear, they have crossed continents by foot, on trucks, over water and by plane. In danger, they have negotiated

with criminal traffickers, marine patrols and refugee camp staff. In hope, they have sent children ahead alone, sold everything to get to anywhere else and prayed for salvation. Too many have received none.

The Syrian crisis hasn't exposed the limits of our humanitarian claims. Dadaab refugee camp's twenty-five years of existence already showed our hand. What appears to be a looming genocide in South Sudan has been met with relative silence. Northern Nigeria remains besieged by Boko Haram. The Syrian crisis has solidified those limits.

It has been over a year since the body of Alan Kurdi made front pages across the world. He wasn't the last child to escape the world's wilful ignorance.

I couldn't help but be struck by the age of the man who killed the Russian ambassador. He was born in 1994, the year of the Rwandan Genocide, and was 16 when the Syrian civil war started; a child became a man in monstrous times. For him and so many, the global community's "never again"

continues to mean "again and again."

Nonetheless, it is a heinous murder that, with its echoes from a century ago, is inexcusable. The true tragedy is that this horrific act further endangers the very people it claims to be defending. More than half of Syrian refugees have fled to Turkey where they live in a fraught atmosphere. In the last few months, Turkey has experienced a series of terror attacks and a failed coup.

There is no evidence that the gunman was a refugee. That will hardly matter. The example of Kenya and its Somali population shows that refugees easily become political footballs to be tossed around with calculated cruelty.

In Canada, our connection to the plight of the Kurdi family spurred a national response. Whether as duty or as penance, we took in 25,000 Syrians. That is a drop in the bucket. This effort pales in comparison to the scale of the crisis. "Refugees Welcome" should be more than a slogan, it should become our way of life.



LATEST NEWS

Invoking Syria, gunman kills Russian ambassador to Turkey

A Turkish policeman fatally shot Russia's ambassador to Turkey on Monday in front of a shocked gathering at a photo exhibit and then, pacing near the body of his victim, appeared to

condemn Russia's military role in Syria, shouting: "Don't forget Aleppo! Don't forget Syria!" The assailant, who was identified as Mevlut Mert Altintas, a 22-year-old member of Ankara's riot police squad, was later killed in a shootout with police.

THE ASSOCIATED PRESS

Truck rams Berlin Christmas market, killing at least 12

A truck rammed into a

crowded Christmas market in central Berlin on Monday evening, killing at least 12 people and injuring around 50 as it tore through tables and wooden stands. Police said a suspect believed to be the driver was arrested nearby and a passenger died as paramedics were treating him. The White House condemned "what appears to have been a terrorist attack."

THE ASSOCIATED PRESS

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Canadian hostage, kids seen in video

AFGHANISTAN

Held since 2012, family describes 'Kafkaesque nightmare'

A video showing the two children of Canadian captive Joshua Boyle and his American wife Caitlan Coleman for the first time was posted online Monday as Coleman describes what they call a "Kafkaesque nightmare."

The family has been held by the Taliban-linked Haqqani Network since 2012 — both boys born in captivity. Coleman says the video was made Dec. 3 and as they ask for their freedom she says both her children "have seen their mother defiled."

"We understand both sides hate us," she says. "And are content to leave us and our two surviving children in these problems... We ask quickly that in our collective fourteenth year of



Caitlan Coleman and Joshua Boyle with their children. TWITTER

prison, urge the governments on both sides to reach some agreement to allow us freedom."

Boyle, 33, and Coleman, 31, were kidnapped near Kabul during a backpacking trip through

Central Asia in October 2012. Coleman was five months pregnant at the time and gave birth to their son in custody. They had a second boy in 2015, after what Boyle told his parents was a "7 1/2

month surreptitious pregnancy."

Boyle delivered his second son in the darkness by flashlight. "Ta-da!" he wrote in correspondence seen by Torstar News Service. "The astonished captors were good and brought all our post-partum needs, so he is now fat and healthy, praise God."

Boyle's writings, delivered through intermediaries and written in his tiny penmanship, provided a glimpse into his family's life in captivity.

"We are trying to keep spirits high for the children and play Beautiful Life," he wrote.

Boyle's parents believe this is a reference to the movie in which a father protects his son from the brutalities of a Nazi concentration camp by pretending it is just a game.

The writings also had references to the boys, along with Stompin' Tom Connors lyrics and Mother Teresa quotes, International Space Station and Rudyard Kipling and Thomas Merton poems. TORSTAR NEWS SERVICE

HALIFAX

Shipping delay strands critters at the airport



Adina Bresge
For Metro | Halifax

A batch of live animals are recovering in their enclosures after a harrowing, four-day shipping delay at the Halifax airport, according to a pet store manager.

Terri-Ann Crisby said two chinchillas, two hamsters, two geckos and 40 fish were scheduled to be shipped on an overnight flight from Montreal to Gander on Wednesday, but the order was held up during a connection in Halifax enroute to northeastern Newfoundland.

By the time the animals ar-

rived Sunday morning, Crisby said all but 32 fish survived the journey to Pet Central in Gander, N.L., after being stranded for days due to bad weather.

Crisby said she drove to the airport eight times between Thursday and Sunday, but each time she arrived, she was told her shipment had been bumped.

She called Air Canada to stress that live animals need to be handled differently than baggage.

"I even asked them if they could just open their containers and give them some water and food," said Crisby. "They said because of liability reasons they couldn't."

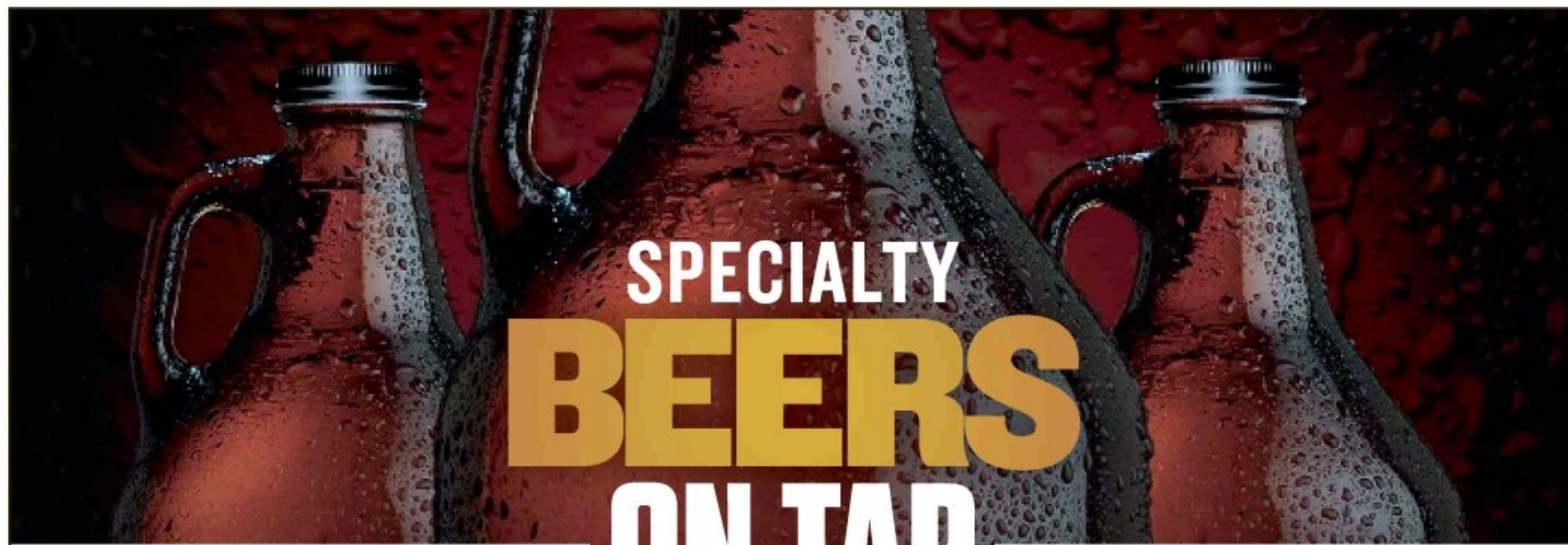
B.C. funeral homes asked to distribute naloxone

As opioid overdoses spike in B.C., the B.C. Funeral Association is recommending members carry naloxone, a drug that can be used to reverse the effects of overdoses, because of the increased likelihood a mortician or other staff will come into contact with lethal opioids like fentanyl.

The number of overdose

deaths related to illicit drugs leapt to 755 by the end of November, a more than 70 per cent jump over the number of fatalities recorded during the same time period last year. The B.C. Coroners Service says fentanyl was detected in 374 of the cases, or about 60 per cent of deaths.

TORSTAR NEWS SERVICE




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Question period has never been a prime venue for intellectual honesty, and Trudeau is not reinventing the genre.

Notwithstanding a spotty attendance record, Justin Trudeau spoke no less than 513 times in the House of Commons — mostly as part of question period — since the 42nd Parliament opened late in 2015.

Over the past year, the prime minister delivered more bromides than policy statements. The day Trudeau rose in the House to declare his intention to set a national floor price on carbon was a notable exception.

But the climate change issue — even as it has been top of mind for the Liberal government since it took power — was not one of the topics most raised with the prime minister in the House this year.

Pride of place in the list of questions put to Trudeau goes instead to political financing and the Liberal practice of offering private face time with the prime minister or one of his ministers in exchange for donations to the party.

Trudeau was asked more than 100 questions related to

his and his cabinet's participation in cash-for-access events, and the potential conflicts-of-interest that could arise from the practice.

He dismissed most of those questions with a blanket assurance that all rules were being followed. The record shows that on at least 25 occasions, Trudeau repeated the same answer almost word for word.

In so doing, the prime minister mostly demonstrated the limited virtues of repetition.

At year's end, there remains a glaring disconnect between his contention that the fuss over cash-for-access is unwarranted and the guidelines that state "there should be no preferential access to government, or appearance of preferential access, accorded to individuals or organizations because they have made financial contributions to politicians and political parties."

Electoral reform was the other issue that dogged Trudeau in the House over the past year. He was on the receiving end of more than 40

questions about his promise to introduce a different voting system in time for the next election. Over the year, his intentions became harder rather than easier to pin down.

When a special parliamentary committee was tasked with exploring the issue in June, the focus of the prime minister's interventions in the House was on the mandate he claimed he had to change the way Canadians elect their government.

"Sixty per cent of Canadians voted in favour of parties that promised to change the current voting system. Canadians clearly indicated that they wanted the most recent election to be the last one conducted under the existing system," Trudeau told the House just before it adjourned for the summer.

But by December, he did not sound as certain or as enamoured of his mandate. "The fact is there are many, many different perspectives across this country on electoral reform," the prime minister told the MPs who wanted to know

how he would follow up on the special committee report.

Question period has never been a prime venue for intellectual honesty, and Trudeau is not reinventing the genre. He is hardly the first prime minister to resort to obfuscation and evasion to talk his way out of unwanted opposition questions. That may be why his stonewalling has so far not exacted much of a political cost.

For all the travel Trudeau does at home and abroad, Canadians would, in theory, be more likely to catch a glimpse of the prime minister in action in the Commons, where he appears more regularly than anywhere else.

In practice though, that is not the case.

In its year-end review of 2016 Canadian politics, CTV listed just one story — the adoption of Canada's right-to-die legislation — in which Parliament truly took centre stage.

An Abacus poll published this weekend reported that one third of Canadians had not heard of the fundraising controversy the opposition and the media have so consistently hammered Trudeau about over the past few months.

Almost half said they had not heard of the ongoing online consultation on electoral reform — and that's after the government sent a card about it to every household.

By any measure, much of what happens on Parliament ends up staying on Parliament Hill.

Pallister actually thinks he deserves 2 months off

INSIDE THE PERIMETER

Shannon VanRaes



In a perfect world, I would spend more time travelling.

Naively I hoped a career in journalism would be my ticket to see the world, blissfully unaware of impending economic collapse. In fairness, my work reporting on agriculture has taken me to amazing places, including New Zealand and Zambia, but generally I split my few weeks of yearly vacation between visiting family and finishing projects at home.

If only I had a job with little responsibility, a position tied to no geographic location that I could do from a warm and sunny destination. You know, a job like being premier of Manitoba.

After months of obfuscation, Premier Brian Pallister finally came clean about the amount of time he spends in Costa Rica. Speaking to the Canadian Press during a year end interview, Pallister said he'll be there between six and eight weeks each year.

But don't worry, it's OK because he works really hard.

I mean the single parent who spends 60 hours a week at three minimum-wage jobs to make ends meet works really hard too, as does the man in his 50s working the night shift or the woman on her feet all day in retail, but let's be clear here: Pallister deserves his two months of vacation each year. Pallister men only want to be known

as hard workers, he has said so himself.

Who knows, maybe the man who loathes organized labour even more than he hates Halloween will surprise us all. Maybe the real reason Pallister wants to open up the province's collective agreements is so he can give everyone two months of vacation?

Not likely.

Most Canadians who work full-time are entitled to two weeks of paid vacation a year, but those working part-time, juggling more than one job or working contract to contract may end up getting no actual vacation time at all. Many employees don't get vacation time in their first year of employment either, which might have been fine 20 years ago when more people had life-time employers, but not today.

So to hear Pallister — the man who wants to freeze public-sector wages with legislation, and who gave himself a 20 per cent pay increase, — say he deserves four times as much vacation as the average Manitoban, because he works hard, is a slap in the face.

Escaping the Canadian winter isn't the rite of citizenship it's often portrayed. It's the result of privilege. The vast majority of Manitobans work hard, but very few are able to spend two months a year in the sunny climes of Central America.

Yet Pallister continues to claim he's so exceptional as to deserve more than the people he represents. Truthfully, the only exceptional thing about him is his gall.

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Top health issues of 2017

INSIGHT

Canada's outgoing chief doctor talks future threats

Genna Buck
Metro | Toronto



During his tenure as Canada's official top doctor, Gregory Taylor spent much of his time responding to two viruses that weren't on our radar a few years ago: Ebola and Zika.

"The list of what I didn't get to is very long," said Taylor, who left the post last week.

In between global health crises, he issued reports to parliament on alcohol abuse and family violence and worked on educating the public about how closely health and lifestyle are connected. He even calls the health-care system the "disease care system."

In a wide-ranging conversation with Metro, Taylor outlined the health issues he thinks will dominate the years to come. And he has some ideas for how the next Chief Public Health Officer should face them.

On lifestyle diseases

There's a very long list of things we need to be focusing on. But the top one for

me is lifestyle diseases. These problems are wickedly complicated. And the solutions to these problems are outside the health sector. By lifestyle, I mean obesity, physical activity, poor nutrition. One of the indicators of that is diabetes. Our rates in the last few years have virtually doubled. We're not really getting ahead at all on obesity. It's a reflection of a developed society where we eat ourselves sick.

On healthy cities

We've known for many, many years that the built environment has a huge effect on health. Some cities are very hot and it's hard on some people. The walkability of cities and the availability of rapid transit are extremely important. I work with the age-friendly cities initiative at the World Health Organization. And age-friendly cities are healthy for everyone because they're easy to get around in.

On superbugs

Antimicrobial resistance is a big issue that we're trying to face. Organisms naturally

evolve and become resistant to antibiotics. We've been OK up to now because there've been new ones that have been invented. Well, we've been overusing antibiotics in humans and animals and the rate at which they become resistant has increased. The drug companies aren't producing new antibiotics. This is a real, global crisis, and if we don't address this we're going to go back to the pre-antibiotic era — infections can kill you, and we won't be able to do minor surgical procedures.

On the direction of research

We need research to make sure we're implementing the knowledge and science we already have. It took us 40 years to get tobacco rates down. And we knew for a long, long time how dangerous tobacco was. We focus a lot on educating people. And that's great. But it's not sufficient to do behaviour change. Vaccination hesitancy is a really good example. We have safe, effective, cheap interventions that prevent disease. Yet we have significant



It's a reflection of a society where we eat ourselves sick.

Dr Gregory Taylor, on diabetes rates



Dr. Gregory Taylor sees lifestyle diseases, antimicrobial resistance and healthier cities as key issues facing his successor as the nation's top medic. ISTOCK/THE ASSOCIATED PRESS

numbers of Canadians who don't trust that. So how do we convince those to trust us? That's some of the implementation research we need.

On what Canada's next top doctor will face

What keeps me up at night,

and what I assume will keep the next person up at night, is that we really don't know what those unforeseen things are. Nobody could have predicted Ebola. What's next? We're not sure. It's most likely, because of climate change and factors like that, that it's going

to be a vector-borne disease (a disease, like malaria, that is spread from person to person by a vector such as mosquitoes). What keeps me up at night is making sure we have the right staff and the right competencies so that we're prepared no matter what.

BABY NAMES

What's in a name? Liam and Sophia top baby charts for 2016

Canada's only countrywide list of baby names has tabulated its 2016 data and found that Liam and Sophia are the most popular choices this year.

Emma and Olivia rounded out the top Canadian girls' names, while Noah and Lucas were the other two most-popular names for boys.

The Top 100 list was compiled by BabyCenter.ca, which sends new parents newsletters that track their child's development. When parents register for the baby updates, the child's name is put into their private database,

which is the basis for the list.

More than 50,000 names of babies from coast to coast were submitted for the Canadian list in 2016, said BabyCenter.ca editor Ann Elisabeth Samson.

"We like to keep track of the names and how they move around the list from year to year," she said, calling it one of the "most fun" parts of her job.

Many new parents chose "strong" names for their daughters in 2016. The name Adele jumped 33 places, Canadian kids were named Hillary and Clinton

(given to a boy), and the Obama effect was even felt up north: Michelle found a spot in the Top 100 after several years off the list, while Malia climbed 168 places and Sasha was up 140 spots.

Samson also thinks Canadian Athlete of the Year Penny Oleksiak must have left an impression on Canadian parents at the Olympics this year, as the name Penny climbed 114 spots.

"We saw a lot of unusual options for nature-inspired names for boys and girls in Canada," said Samson. Leaf, Plant, Kale, Rye, Sage, Forest, Animal, Bear

and Hawk were all names that Canadian parents actually gave to their children this year.

"Aurora for girls also jumped quite a lot," she added. Her natural favourite was Cedar, for a boy. "I think that is a lovely name, and very Canadian."

BabyCenter.ca also noticed that Canadian parents have been naming children seasonally or after the weather (think Winter, Autumn, Summer, Sunshine, Breeze and Rain) or were influenced by geology (Silver, Sapphire and Stone).

It's the second year that Liam

has taken the top boy name spot and the third year in a row that Sophia, Olivia and Emma have rotated through the top three.

Ottawa resident Natalie Bobier-Gariépy, 30, named her boy Liam after searching on the Internet for inspiration.

"We decided on Liam because we were like, 'Oh my gosh, he's kind of like a badass Liam Neeson,'" she laughed. While she thinks it's "a little sad" there will be a ton of other kids with the same name, she doesn't think about that too much.

TORSTAR NEWS SERVICE

+ THE TOP 10

Canada's hottest boy and girl names for 2016:

Girls: (1) Sophia, (2) Olivia, (3) Emma, (4) Charlotte, (5) Ava, (6) Chloe, (7) Zoey, (8) Amelia, (9) Abigail, (10) Mia.
Boys: (1) Liam, (2) Noah, (3) Lucas, (4) Oliver, (5) Benjamin, (6) Logan, (7) Owen, (8) Jacob, (9) Jack, (10) Ethan.

BABYCENTER.CA

No turbulence for canines in the cabin

HOLIDAY TRAVEL

Can dogs fly? Of course, as long as owners prep well and pooch behaves

Carli Stephens-Rothman
For Torstar News Service

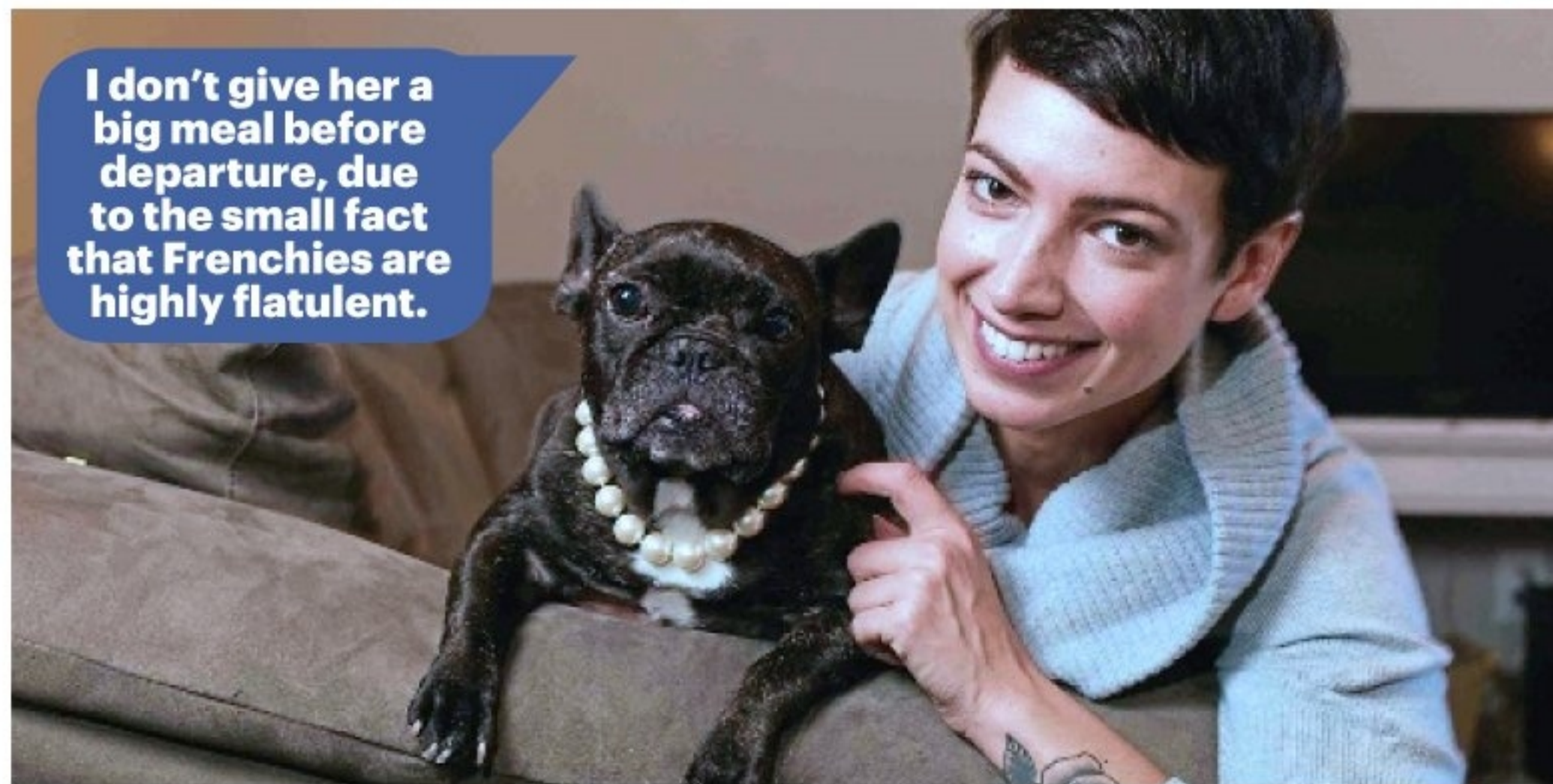
When I arrive at the airport, I have a smile on my face and two brand-name bags strapped to my body. Over my left arm, I've got my new Lug bag, which is both terribly cute and mysteriously convenient. Over my right arm, I'm toting a less stylish, far more cumbersome Sherpa bag. The Lug contains everything I need for a five-day vacation and it's overhead compatible. It's literally a miracle bag. The Sherpa contains only my dog. It's figuratively an anvil.

About five years ago, I decided to stop passing up opportunities to travel simply because I couldn't find a pet sitter. I figured — since she's essentially a loaf of bread with legs, therefore small enough to join me in the cabin — why not? At this point, I don't think twice before including my pet as a fellow passenger.

Last month, flying back to Victoria from Edmonton, a woman came to gush over Fig, my dog, who was peeking out of the carrier as I purchased a pre-flight coffee. "A PUGGG," she squealed in the direction of the Sherpa. I've learned to practise acceptance around people who mistake my Frenchie for other flat-faced breeds. After all, as far as I'm concerned, all cats and all babies look exactly the same.

"She's a French bulldog," I correct her politely. "Does she fly often? Is she quiet on the plane? Does it scare her to be in the air? What if she has

I don't give her a big meal before departure, due to the small fact that Frenchies are highly flatulent.



Carli Stephens-Rothman with her dog Fig, a seven and a half year old French bulldog, complete with pearls. KEN FAUGHT/TORSTAR NEWS SERVICE

to pee? What do the other passengers think?"

I forget sometimes that flying with a pet is an experience not many people have had.

Yes, she flies often — three or four times a year and once I win Lotto 6/49, she'll be sky-bound weekly! Most major hotels keep pet-friendly suites at no extra cost.

Fig is generally a quiet dog, but even more so when we're in flight. Our vet told us that the vibrations of the plane are actually quite soothing, as it reminds dogs of lying up against their mother. So, cruising altitude for me is snoozing altitude for her. As for best potty practices, it's recommended to limit a dog's water intake for

three hours pre-flight. In Fig's case, I don't give her a big meal before departure, due to the small fact that Frenchies are highly flatulent. Let's just say I've skipped many an in-flight movie to watch the drama unfold — a woman nudging her husband accusingly over a fart he didn't commit; his expression of innocence and confusion.

Truth be told, the most challenging part of flying with pets are the people on planes without pets. Not everyone is happy to have an animal on board. I've had people ask to switch seats to be farther from us and once I had someone ask me if

I couldn't just "catch the next one," because "dog-smell" upsets her, as if air travel was like public transit and another flight to Winnipeg would be along in five minutes. In those cases, I just keep my head down and try not to comment on the fact that their smell, a bouquet of duty free perfume, is incinerating my sinuses.

"But what about legitimate pet allergies," you may wonder. Tough Milk-

bones, I guess. Most airlines will help allergy-ridden travellers by switching their seats to be further from the sneeze-inducing creature, but aside from that, allergy sufferers are not left with many options. Air Canada, for example, only allows one pet per flight, but many flights have just that.

If I want to have the privilege of flight with my fur-babe, I have to be respectful. That means answering questions amiably and handling the more fragrant naysayers with grace. It also means following the rules at all times; not taking her out of her bag in the cabin, only walking her on the leash in airports that permit it, having all health-related documents ready in advance and returning to the luggage trolley to collect my bags only after I've taken her outside to relieve herself.

Overall, though the pet carrier's heavy, I feel much lighter knowing my dog's by my side. Travelling with Fig comes down to just this: Passport? Check. Boarding pass? Yep. House keys? Probably not, but I'll figure that out when I get back. Snorting, scratching, farting four-legged beast? It wouldn't be a vacation without one.

JOHANNA SCHNELLER
WHAT I'M WATCHING

Savouring a return trip to wonderland



The SNL cast of 1975 get festive. CONTRIBUTED

THE SHOW: Saturday Night Live Christmas Special **THE MOMENT:** Winter Wonderland

Toward the end of this compilation of skits from SNL's 50-odd Christmas shows, this gem rose up from the very first season.

Dec. 20, 1975. Candice Bergen is hosting. Garrett Morris, in a red sweater and green-and-white striped scarf, begins singing Winter Wonderland into a hand mike. He sings really well. Backing him is the long-haired, bearded SNL house band, dressed as scruffy angels.

After a few bars, Bergen, Gilda Radner, Laraine Newman and Jane Curtin dash onstage and join in around one standing mike. They're wearing red

caps, red T-shirts that read "Merry Christmas," and grey sweatpants tucked into very '70s boots. A few bars later, Chevy Chase, Dan Aykroyd and John Belushi stroll in wearing pea coats and scarves; they add a basso doo-wop. As the song builds to its final verse, low-rent snow begins to fall.

This number was a time machine for me — suddenly I was 13 years old, watching it for the first time on the red Panasonic in my childhood bedroom, in love with the cast and itching for New York. Its no-budget shabbiness was part of the glamour; its thrown-together feel radiated joy.

Everyone looks impossibly young, especially Radner and Belushi, whom we lost too soon. But I didn't feel nostalgia. I was there: in the ache of Christmas, yearning for a big life. It's not that I don't remember who I was or what things were like then. It's the opposite. I still feel like that person. It's the years in between that blur.

SNL returns Jan. 14 to NBC and Global.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



\$60

Most major airlines flying within Canada accommodate pets, assuming they're under about 10 kilograms, for about \$60 round trip.

HEALTH AND WELLNESS



CONTRIBUTED

FITTING THE DENTIST INTO YOUR BUSY SCHEDULE

When people think of dental procedures such as crowns, they often think they need to spend hours in the dental chair. Not anymore, according to Dr. Brent Wong of Shine Dental, who says one-stop crown appointments allows patients to have more time to do what is important to them.

"We live in a drive-through, fast food culture. Time is money, and we often postpone the appointments we need because of our busy schedules. That's why we now offer one appointment

crowns, onlays and inlays," he explains.

Dr. Wong says Shine Dental's patients love having the option of one-visit crowns because they feel more involved in the process.

"I was amazed by the tools that Dr. Wong used to restore my tooth this morning. It was fascinating to see my crown made before my eyes and to be out of the office enjoying my new tooth in less than two hours," says Deb, a current patient.

In an attempt to prevent a potentially costly

progression, Shine Dental also offers CEREC® onlays, inlays and crowns.

"CEREC porcelain is the closest known material to our natural teeth, and the durability and lifespan of these restorations far outweigh that of any other filling. Also, by sealing the tooth correctly and avoiding further decay, onlays often preclude the need for root canals. Not only is your tooth structure safeguarded, but your hard-earned money is, as well," Dr. Wong says. In

fact, the benefits are endless.

"They are highly esthetic with no metal, so they look and feel like natural teeth. These are very strong once bonded to the tooth and provided protection to the tooth. The best part is; they don't stain and they are long-lasting with life spans upward of 25 years or longer," Dr. Wong adds. Patients who are interested in one-visit crowns are encouraged to call 477-4463 or visit shinedental.ca for more information.

A DIFFERENT DENTAL EXPERIENCE

Shine Dental may be a little unconventional but every change is thoroughly researched with the best interest of its patients, community and environment.

In fact, most of Shine Dental's patients choose them because they are so different, says owner and dentist Dr. Wong.

"At Shine Dental, we love our patients. Our main goal is to spend time with our patients

and get to know them and their story. We want to understand their concerns and take the time to educate them on the options available for their individual needs," he explains.

The treatment recommended to patients by Shine Dental depends on each person's individual condition. As a result, each treatment will be carefully customized after thorough diagnosis.

That's why it's important to Shine Dental to offer its "Smile Guarantee" to each and every patient.

"At Shine Dental, we believe that together we will achieve the smile you have always wanted. As a result, we offer all patients a limited dental warranty for the investment you have made in preserving your oral health. We're confident in our workmanship, and we will stand by the work that we

provide."

Shine Dental's entire team believes it's necessary to compassionately give back to the community and communities abroad. In 2005, Dr. Wong and his wife Wendy started the Shine the Light Initiative which brings dental, medical and home building aid to impoverished communities. Since then, they have completed more than 30 missions around the world.

"I've come to realize that the most important things in life aren't things and I believe that time, compassion and understanding should be the basis of all human interactions. That's how we treat our clients, too."

Shine Dental has two locations to choose from, with the main office located on Provencher and the downtown office at the corner of Portage and Main, which is also home to the dental implant centre.

Reasons to choose them

There are so many reasons to choose Shine Dental but there are five in particular that Dr. Brent Wong wants potential patients to know.

- 1) "We won't lecture you if you haven't been to the dentist in a while."
- 2) "We cater to the dental phobic."
- 3) "We have an onsite CT scanner that has 10x less radiation than medical grade CT Scanners, which means we place dental implants quicker, safer and easier."
- 4) "We have a CEREC machine that allows us to restore damaged teeth quicker and more beautifully than ever before."
- 5) "We use the VELscope system, which helps us in early discovery of oral health problems including oral cancer."



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WINNER



WINNIPEG FIREFIGHTERS NOT SLOWING DOWN

The Winnipeg Fire Department has one of the fastest average response times in North America, and they're not slowing down for a second.

That response time — which averages under four minutes for 90 per cent of their calls citywide — not only means they're there to battle fires; with nearly 450 provincially-licensed firefighter-paramedics in their ranks, the ability to get to where they're needed fast has left Winnipeg with some of the best survival rates across the continent for medical calls like traffic accidents, assaults, overdoses, and heart attacks.

"We're an insurance policy and when people call they want that service," says firefighter-paramedic and United Fire Fighters of Winnipeg board member, Derek Balcaen. "From the time the gong goes in the hall to the time we're turning wheels it's got to be less than one minute — that's our goal every time."

As well as having members who are ready to go at a moment's notice, Balcaen says the distribution of the service's 27 fire halls across the city has helped them keep their response times low.

And while those response times are the

gold-standard, Balcaen says WFD members still strive to be faster. He says approximately 80 per cent of their calls are urgent medical calls which mean lives hang in the balance, and because new homes burn faster and hotter, and collapse much faster, every second counts.

"In the past everything was just built bomb-proof, but these new homes are built with engineered materials — basically particleboard and glue," he explains. "Collapse times used to be in the 15-20 range, whereas now it's closer to around five or eight minutes."

Firefighter-paramedics are also trained for water and technical rescues, and haz-mat calls, and Balcaen says it's important to remember WFD prevention work — inspections, ongoing neighbourhood monitoring, and the Youth Fire Stop program — lead to fewer fires starting in the first place.

"This week's terrible fire in Waverly West highlights the importance of also having proper fire and emergency coverage in newer areas of the city," he says. "We're proud to be Winnipeg's all hazards response and want everyone to know we're coming when they need us."



CONTRIBUTED



WINNIPEG FIREFIGHTERS
A VITAL PART OF YOUR
PARAMEDIC TEAM



LEARNING CURVE

Job fair focuses on massage

Job fairs are one-stop shops for people to see what type of opportunities exist in the current job market, and to network a variety of different employers, all in one place.

And this February, students and alumni of Wellington College can check out some of the exciting new opportunities in the massage field through the college's job fair.

"Last year we hosted about 31 different clinics/spa such as Thermea, Riverstone, Wolseley Wellness Centre, Wellness Institute, Morden Massage Therapy Center, Rave and Winnipeg Pain Treatment Center to name a few," says Shane Parrington, RMT, public relations and volunteer coordinator at Wellington College.

For current/recent grads or alumni, this job fair provides a number of opportunities such as meeting perspective employers in a less formal setting, and the chance to

research and compare clinics/companies to see if the culture/job is a good fit for both employee and employer.

Attendees will also learn of any changes in the massage industry.

For those who attend the job fair and notice an untapped niche to capitalize on, resources will be available to those looking to start their own business ventures.

"Massage therapy not only requires knowledge of the body but an entrepreneurial spirit as well," says Parrington.

"One of the goals of the career fair is to shift students' thinking toward self employment or contract employee status."

Parrington's hoping to have Assiniboia Chamber of Commerce, Women's Enterprise Center of Manitoba and Entrepreneurship Manitoba attend to provide information on starting a business.

"As a city and province we are very di-



ISTOCK

verse in our industry sectors ranging from aerospace to transport/logistics, which all can benefit from massage and provide business opportunities," says Parrington.

The job fair takes place on Feb. 3 from 1 p.m. to 4 p.m. at the Bord-Aire Community

Centre at 471 Hampton Street.

If you are a vendor and are interested in participating in the job fair, please contact Shane Parrington at (204) 957-2402 or email sparrington@wellingtoncollege.com. Spaces are limited.



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“SINCE THE BEGINNING OF THIS CALENDAR YEAR, THE CAREER SERVICES DEPARTMENT HAS RECORDED 1,075 EMPLOYMENTS — WHICH IS A RECORD FOR US.”

— Michael Boyd, manager, Career Services, Robertson College, Winnipeg Campus

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No matter the reason for going to school, the end goal is usually the same for everyone — to get a meaningful job in a field that interests them.

Once students complete their studies in their chosen course or program, the real work begins.

Finding work can be extremely challenging, but having your school looking out for your best interests, and assisting you along the way in your journey to your new career, can ease a lot of the stress.

At Robertson College, this is the goal of their Career Services department.

“We can leverage our network and experience in order to help guide them in putting their best foot forward as well as open up opportunities to graduates,” says Michael Boyd, manager, Career Services, Robertson College, Winnipeg Campus.

The commitment starts at the first meeting with prospective students, when they are considering going back to school.

Robertson College matches students to the right program and works with them from the first days’ orientation.

“Their educational journey is as much about learning core skills for a profession as it is mentoring them on how to be professional,” says Boyd.

“This commitment helps position them in the best possible place in order to meet their personal goals.”

Career services helps students with different aspects that can help them find a meaningful job, such as coordinating practicum placements, job search support and coaching, resumé and cover letter review, mock interview and interview prep, as well as career fairs and special events to create networking opportunities for current students and alumni.

Boyd says not everyone knows how to look for work or best techniques for handling interviews.

“Even in entry-level positions, it is very competitive out there with many applicants applying for a single position,” says Boyd.

“Since the beginning of this calendar year, the Career Services department has recorded 1,075 employments — which is a record for us.”

That number represents graduates who are now employed in their field of study.

“We know why our students are here — to get a job.

“While we can’t guarantee them a job, we put them in touch with employers who want to hire.”

There is no cost for any of the services to students, graduates or employers, it is a part of Robertson College’s commitment to their students and graduates.

To learn more

For more information about Career Services at Robertson College, visit robertsoncollege.com/career-services.

Life is a slice at childrens culinary camp

No parent wants their child to live off of noodles or boxed pasta once they leave the nest, so this summer, give your kids a head start in the kitchen through one of the week-long culinary camps for kids at Red River College.

These camps have been designed for kids ages 10 to 14, particularly for kids who have an interest and passion for cooking and baking.

"These week-long camps provide kids with a unique opportunity to work in commercial grade kitchens under the guidance of RRC's chefs," says Angela Chotka, program manager, Applied Arts and Communication, School of Continuing Education, RRC.

"These are the chefs that train our future culinary leaders."

The young chefs will learn about food — where it comes from, preparing it safely and creatively, and the art of meal presentation.

In previous years, kids have made macaroni and cheese, wood-fired pizzas, cinnamon buns, cookies and more.



CONTRIBUTED

This year may include a field trip to pick ingredients they will use in their cooking later that day.

"The menu is still under wraps so watch the site for updates," says Chotka.

These camps are a great opportunity for kids to learn from top-notch chefs in commercial kitchens.

"It's fun to learn in cooking labs that have

all the tools and best ingredients at hand — and help to clean up afterward," says Chotka.

The kids' camps are held at Paterson GlobalFoods Institute — home of RRC's School of Hospitality and Culinary Arts — in Winnipeg's historic Exchange District at 504 Main Street.

For more information about the culinary camps, or to register, visit rrc.ca/kidscamps.

2017 camp schedule

The culinary camps run on the following dates:

- July 10 - 14
- July 17 - 21
- July 24 - 28
- July 31 - Aug. 4
- Aug. 8 - 11 (no class Monday, civic holiday, reduced price)
- Aug. 14 - 18

Camps run from 9 a.m. to 4 p.m., with drop-offs at 8:30 a.m. and pick-ups by 4:30 p.m.



CONTRIBUTED

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Kids Cook@RRC Summer Camps

LET YOUR BUDDING CHEFS LEARN FROM RRC'S CULINARY EXPERTS THIS SUMMER.

Your child will learn how to prepare simple meals and tasty treats under the direction of RRC's Chefs. From homemade macaroni and cheese to mouth-watering cinnamon buns, your little chefs will learn about food - where it comes from, preparing it safely and creatively, and the art of meal presentation.

Camps run in July and August, from 9am - 4pm, with drop offs at 8:30am and pick-ups by 4:30pm.

Camps fill up fast - register today!

For more information:

204.632.2191 | cde@rrc.ca | rrc.ca/kidscamps



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Student life an important part of PACE experience

At The University of Winnipeg Professional, Applied and Continuing Education (PACE), there can be more to your educational journey than the time you spent in class or the hours spent studying.

The student life program at PACE has been designed for all students to engage in the student culture, meet new people and create lasting memories.

“I want the students to take away the best memories from PACE, as well I hope their student experience at PACE will help them continue to create better experiences for everyone in the communities they work and live,” says Mekala Wickramasinghe, student life and engagement coordinator, PACE.

The student life program has something for all students in all kinds of different areas (themes) such as leadership, networking, sports, cultural diversity, Canadian culture, creativity, and community development.

“These different areas help the students get different experiences in professional building,” says Wickramasinghe.

This program is run by a committee of student volunteers (under the guidance of Wickramasinghe), and each event is relevant to the current student body.

“We put students first when planning the student life activities,” says Wickramasinghe.

“Basically the ideas look towards the current year and the students.”

Volunteers get a chance to pitch their ideas to the committee and each event allows for students to utilize some of the skills they

have learned in the classroom.

Currently, the program has 70 volunteers, who plan events such as the global holiday party, the culture evening, the annual soccer tournament, and many more.

“Because we have multiply tier events, they attract volunteers from a variety of programs (including human resources, event planning, public relations and even IT),” says Wickramasinghe.

Ultimately, the goal of the student life program is to give students another set of skills and networks that they can carry out into the professional world with them when they leave PACE.

“Employers are looking for more well rounded candidates and employees with a more balanced lifestyle,” says Wickramasinghe.

“Students who are engaged in classroom learning as well as student life activities know how to achieve balance between education, life and leisure.”

For more information about the student life component at PACE, visit pace.uwinnipegcourses.ca.

“WE PUT STUDENTS FIRST WHEN PLANNING THE STUDENT LIFE ACTIVITIES.”

– Mekala Wickramasinghe,
student life and engagement
coordinator at PACE



Hundreds of Wellington cyclists turned out Tuesday to ride with Lance

Armstrong, who is in New Zealand to film a TV ad

Patriots co-ordinators in line for coaching gigs

NFL

McDaniels and Patricia have helped sustain powerhouse

The Patriots earned a first-round bye in the playoffs — a valuable week off that will let the players rest their legs and the co-ordinators schedule their job interviews.

Josh McDaniels and Matt Patricia have been considered



Matt Patricia
GETTY IMAGES

among the best minds in football for a while now. The jobs they're doing this season — their latest gems came in a 16-3 victory over the Broncos on Sunday

— have only bolstered their standing.

McDaniels' best work of 2016 came at the beginning, when he was preparing the offence to go the first four games without Tom Brady while the quarterback served his "Deflate-gate" suspension. Using backup quarterbacks, New England won the first three and scored 81 points. From there, the Patriots' offence has adjusted, as usual, amid a slew of injuries,



Patriots offensive co-ordinator Josh McDaniels confers with quarterback Tom Brady during a recent game in Foxborough, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

including the one to All-Pro tight end Rob Gronkowski.

Patricia is being lauded for virtually revamping the defence on a near-weekly basis. He has dealt with personnel shuffling — including the off-season trade of Chandler Jones, the early suspension of Rob Ninkovich and the Jamie Collins trade in mid-season — but has also managed to give his defence, devoid of

big stars, completely new looks almost every week, depending on the opponent.

The Patriots (12-2) enter the

final two weeks of the season with the best record in the AFC. They won their eighth straight division title and have already



I can't imagine that there are many other coaches that could present a resumé equal or comparable to theirs.

Patriots head coach Bill Belichick

guaranteed themselves a bye in the first week of the playoffs.

Patricia and McDaniels would be available for interviews during that off week, if they choose. Last month, when the NFL Career Development Advisory Panel put out a preliminary list of head-coaching candidates, it left McDaniels off the list. That came in the wake of reports that the 40-year-old coach was more interested in replacing head coach Bill Belichick someday than starting over elsewhere.

In an un-Patriots-like move, McDaniels went out of his way to say he'd love another crack at a head coaching job. Currently, there are openings in Los Angeles and Jacksonville. In his first shot at being a head coach, McDaniels started 6-0 in Denver, but was fired early in his second season after losing 17 of the next 22. Lowlights of his tenure included a videotaping scandal and his draft pick of Tim Tebow — one of many personnel moves that caused problems and ultimately didn't work out.

"There are only 32 of those (jobs) in the world," he said. "They're opportunities that don't come along very often, and if you would ever be so fortunate and blessed to have another opportunity to do it ... it would be an opportunity that I would look forward to."

THE ASSOCIATED PRESS

IN BRIEF

Strome to wear C for Canadian junior team

Dylan Strome was named captain of Canada's team for the world junior hockey championship with Mathew Barzal and Thomas Chabot as alternate captains, Hockey Canada announced Monday.

All three are back from last year's world juniors, where Canada was eliminated in the semifinals by host Finland.

THE CANADIAN PRESS

Panthers owner tabbed for U.S. Army secretary

U.S. President-elect Donald Trump chose Florida Panthers owner Vincent Viola on Monday to serve as Army secretary.

Viola, a 1977 West Point graduate who bought the Panthers in 2013, will need to be confirmed by the Senate. If that happens, pending NHL approval, his roles as chairman and governor of the club would be filled by Doug Cifu.

THE ASSOCIATED PRESS

Blue Bombers bring back long snapper Rempel

The Winnipeg Blue Bombers have signed Canadian long-snapper Chad Rempel to a two-year contract.

Rempel, from Sherwood Park, Alta., has appeared in all 36 regular-season games and one post-season contest since signing with Winnipeg prior to the start of the 2015 season.

THE CANADIAN PRESS



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Reds tops in Merseyside derby

PREMIER LEAGUE

Mane's winner sends Everton faithful home disappointed

Sadio Mane grabbed the winner in the fourth minute of injury time as Liverpool beat Everton 1-0 on Monday to head into Christmas in second place in the Premier League and extend its recent dominance of Merseyside derbies.

Substitute Daniel Sturridge's low long-range shot dribbled against the post and Mane tapped the rebound into an empty net, sparking wild celebrations among Liverpool supporters that saw two red flares thrown onto the field.

After a 227th derby match that was frantic and bereft of quality and scoring chances, Liverpool moved above Manchester City and back to within six points of Chelsea, which has won its last 11 league games.

Everton's struggles in this local rivalry continued — the blue half of Merseyside has been vic-

+ DIVISION TABLE

	GP	W-D-L	Pts.		GP	W-D-L	Pts.
Chelsea	17	14-1-2	43	West Ham	17	5-4-8	19
Liverpool	17	11-4-2	37	Middlesbrough	17	4-6-7	18
Man City	17	11-3-3	36	Leicester	17	4-5-8	17
Arsenal	17	10-4-3	34	Burnley	17	5-2-10	17
Tottenham	17	9-6-2	33	Crys. Palace	17	4-3-10	15
Man United	17	8-6-3	30	Sunderland	17	4-2-11	14
Sheff. Wed.	17	6-6-5	24	Swansea	17	3-3-11	12
West Brom	17	6-5-6	23	Hull City	17	3-3-11	12
Everton	17	6-5-6	23				
Bournemouth	17	6-3-8	21				
Stoke City	17	5-6-6	21				
Watford	17	6-3-8	21				

Champions League
Europa League
Relegation

torious only once in the past 20 meetings — but Liverpool didn't look like a side that started the match on top of the league's scoring charts with 40 goals until Mane came to the rescue.

"The plan of Everton was wild football," Liverpool manager Jurgen Klopp said. "It was a battle and we were ready."

It won't be a match that lingers long in the memory, except for the dramatic late goal and a shocking challenge by Everton's Ross Barkley on England teammate Jordan Henderson that could easily have earned him a

red card. Instead, it was one of four bookings in a fixture that has produced more red cards — 21 — than any other in Premier League history.

"It was pretty late," Henderson said. "I know him well, I'm good friends with him. Obviously he mistimed the tackle and he apologized after. It's a derby — it doesn't matter if you're friends off the field."

Continuing their momentum from the 2-1 win over Arsenal at Goodison Park last week, Everton's players tore into Liverpool in the frantic opening min-

utes that were marked by high energy and misplaced passes. Everton defender Ramiro Funes Mori set the tone with a powerful early header and the hosts were both stronger in the tackle and first to the ball.

They didn't look like scoring, though, and Liverpool had established an element of control by the half-hour mark. Divock Origi snatched at a low cross by Nathaniel Clyne in the 37th, sending his effort wide, and the first half ended with neither side having a shot on target.

Liverpool stayed on top after halftime, with Everton goalkeeper Maarten Stekelenburg blocking Roberto Firmino's attempted lob before hobbling off injured after clashing with teammate Leighton Baines. The lengthy period of treatment for Stekelenburg's injury was the main reason for the eight minutes of stoppage time, of which Liverpool took full advantage.

Sturridge came on for Origi and with one of his first touches, the striker sent in the shot that led to the winning goal and ended Everton's nine-month unbeaten home record in the league. THE ASSOCIATED PRESS



Sadio Mane flicks a pass on to a teammate during the Merseyside derby at Everton's Goodison Park on Monday in Liverpool. CLIVE BRUNSKILL/GETTY IMAGES

WORLD CUP

FIFA fines British federations for poppy display at qualifiers

The four British soccer federations were fined Monday by FIFA for displaying poppies at World Cup qualifying matches in November to honour their war dead.

England's federation must pay 45,000 Swiss francs (\$43,800 US) for the "display of a political symbol" at a home match against Scotland on Nov. 11. Scotland was fined 20,000 Swiss

francs (\$19,500 US).

In other decisions, Romania was punished for a firework thrown at Poland striker Robert Lewandowski, Greece was fined for a fan banner against

Bosnia-Herzegovina which referred to the Srebrenica massacre, and Chile was sanctioned again because of the anti-gay slurs chanted by its fans.

England and Scotland defied

FIFA advice and its rules against the use of political, religious or personal symbols on kit and in stadiums, and players wore black armbands embroidered with poppies.

FIFA's rules prohibiting symbolism in stadiums were drafted and approved by the four British federations, who are members of IFAB, soccer's rule-making panel. THE ASSOCIATED PRESS

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IN BRIEF

Roughriders' Golding gets two games for positive test

Saskatchewan Roughriders linebacker Marvin Golding has been suspended for two games for testing positive for an anabolic steroid.

It's Golding's first violation of the joint drug policy of the CFL and CFLPA. The suspension takes effect once Golding is eligible to play a regular season game.

THE CANADIAN PRESS

NBA adds players, media to All-Star Game voting

The NBA is adding players and media to the voting process in a change to the way starters for the All-Star Game are selected.

Fans will account for 50 per cent of the vote, while all current players and a media panel will each account for 25 per cent. Voting begins on Christmas Day. THE ASSOCIATED PRESS

DeRozan named player of the week in the East

Toronto's DeMar DeRozan has earned Eastern Conference player of the week honours for the second time this season.

DeRozan led the NBA last week averaging 31.5 points on 60.5 per cent shooting in four games. He also averaged 4.5 rebounds and 3.5 assists, and leads the East in scoring (28.4 points) and field goals made (274).

THE CANADIAN PRESS

Pirates bolster bullpen

The Pirates reinforced their bullpen on Monday, agreeing to an \$11 million, two-year contract with reliever Daniel Hudson.

Hudson, 29, will make \$5.5 million in 2017 and 2018. He went 3-2 with a 5.22 ERA in 70 appearances for the Diamondbacks in 2016. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Elegant Leek and Artichoke Frittata



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This pale green beauty comes together in no time with quick-cooking leeks and soft, canned artichokes. Goat cheese and Dijon mustard give it just enough bite.

Ready in 20 minutes

Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

1. Preheat the oven to 350 F.
2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

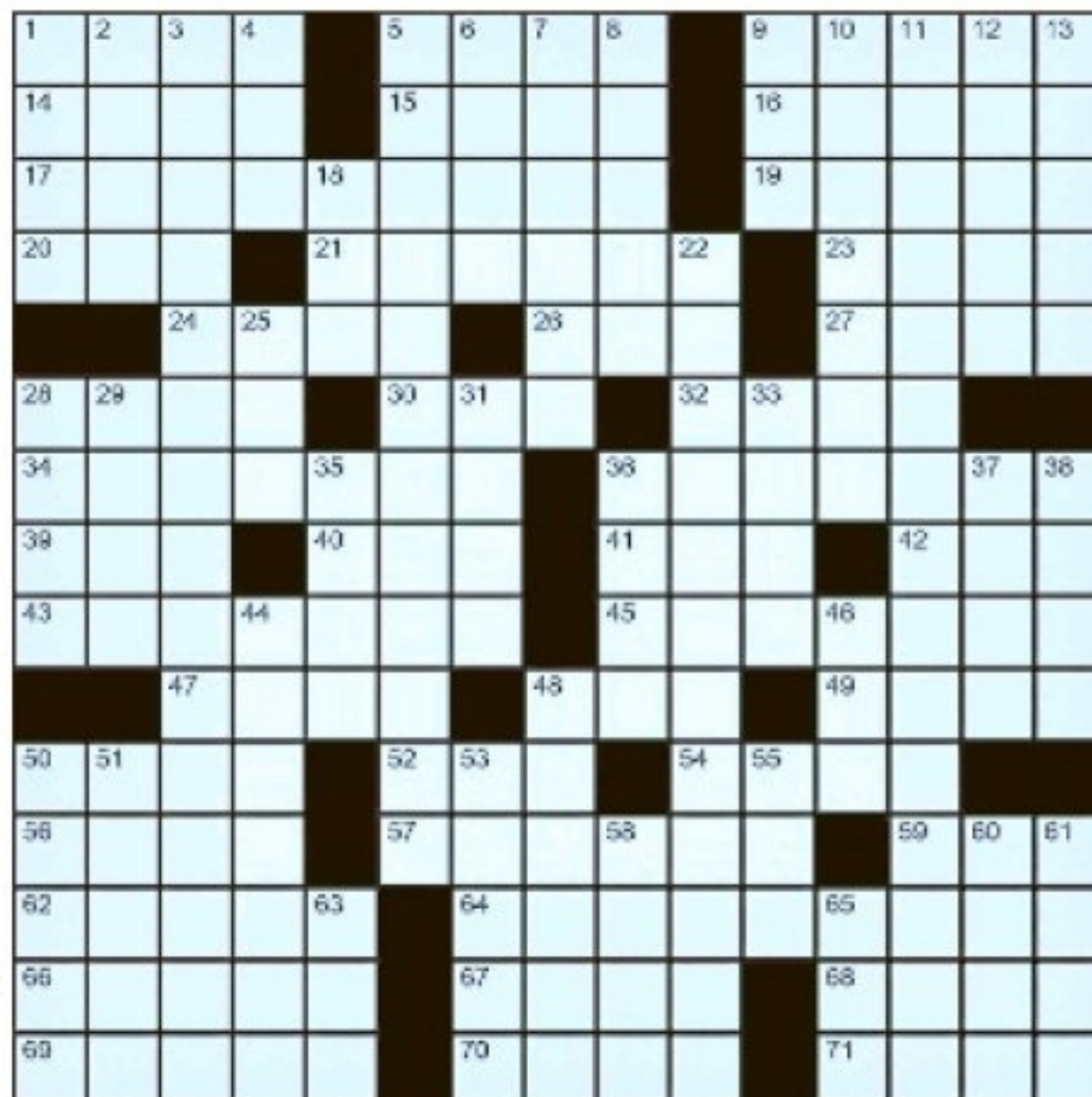
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Monsieur Le Pew
5. Sleeves
9. Aunt's hubby, in Quebec
14. Perched above
15. Tooth part
16. "Oh, ___ a wonderful time, thank you." (Couple's departing-a-party comment)
17. Community north of Brandon in Manitoba: 2 wds.
19. Barrel slat
20. T.O. transport provider
21. In and of _
23. Paul McCartney ballad: "Jenny _"
24. "Dedicated to the ___ Love" by The Shirelles
26. "Fantasy Island" souvenir
27. Alberta town
28. Literature heroine Jane
30. "___ for Christmas"
32. Ginger Spice
34. Sloppy Joe sauce brand
36. Carnivorous carves at Christmas
39. Assoc.
40. "Chandelier" singer
41. Sequence, shortened
42. Web connector, commonly
43. Puffin, for one: 2 wds.
45. One acquiring knowledge
47. US campus mil. program
48. Ginger _



49. Macy Gray hit: 2 wds.
50. Bandmate to #32-Across: name + letter
52. Globe's long. crosser
54. Heel height unit
56. ___ the crack of dawn: 2 wds.

57. Arise
59. Hesitant sounds
62. Mia Farrow's activist son
64. Scrooge's sour sentiment: 2 wds.
66. Farewell, in Rome
67. "Shall ___ the table?" (Pre-dinner query)

68. Toolbox item
69. 'Mechanical Resonance' band
70. Red Rose products
71. Firewood-making needs

DOWN

1. Role
2. Coup d'__
3. Home-created Christmas tree decorations: 2 wds.
4. Prefix to 'centre'
5. Santa's toy manufacturing facility is located in this region: 2 wds.

6. Kings: French
7. Road trip accommodations
8. Fashion sense
9. "That hurts!" equivalents
10. CTV, for one
11. Island of Misfit Toys denizen in "Rudolph the Red-Nosed Reindeer"
12. Washed
13. Parades
18. Gambling cube
22. Ice skating formations: 2 wds.
25. Fresh
28. Some punk music fans
29. Lively
31. "If only ___ known."
33. Earth goddess in Das Rheingold
35. "Whose Line ___ Anyway?"
36. Cost
37. River of Flanders
38. Agile
44. Jingly sleigh-puller's bells location
46. Mr. Ocasek
48. Feeling calm: 2 wds.
50. Napoleon marshal, Joachim _ (b.1767 - d.1815)
51. Lyric poem
53. Scope
55. Modern, in Munich
58. Ms. Perlman
60. Govern
61. Boot camp titles, briefly
63. Cacharel perfume
65. Commerce deg.

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Observe your interactions with others during the next six weeks, because you could be your own worst enemy. It will be easy to fall into childish, self-defeating behaviour.

Taurus April 21 - May 21
You will be aggressive in the coming month when dealing with others, especially groups. This will help you if you coach a team; however, lighten up when with your friends.

Gemini May 22 - June 21
Your ambition will be aroused in the next six weeks, which is why you will work hard to achieve what you want. Think about your goals for the coming year.

Cancer June 22 - July 23
Your desire to travel will be strong during the next six weeks. Mars wants you to have a change of scenery. Meanwhile, steer clear of controversial issues involving politics, religion and race.

Leo July 24 - Aug. 23
Disputes about shared property and the values of others might arise now. Stay mellow, because one man's meat is another man's poison.

Virgo Aug. 24 - Sept. 23
You will have to be extra patient with friends and partners during the next six weeks, because fiery Mars is opposite your sign. Forewarned is forearmed.

Libra Sept. 24 - Oct. 23
You'll find it easy to work hard and give your job everything you've got during the next six weeks. Be careful not to be bossy with others.

Scorpio Oct. 24 - Nov. 22
This is the perfect time for many of you to take a cruise or slip away on a vacation, because you want to play! The next six weeks offer opportunities for fun and romance.

Sagittarius Nov. 23 - Dec. 21
Your home scene will be a bit chaotic during the next six weeks. This means you must be extra patient with family members and others at home.

Capricorn Dec. 22 - Jan. 20
All your communication with others will be unusually direct and forthright in the next six weeks. It's a strong time for those who communicate for a living.

Aquarius Jan. 21 - Feb. 19
You will work hard until February to boost your earnings. Ironically, you also will work hard to spend your money.

Pisces Feb. 20 - March 20
Fiery Mars will be in your sign until the end of January, which makes you aggressive and pumped. This will give you lots of energy and help you get things done.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		5	2		8	
8							6
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5	2	8	3	7	1	9	6	4
1	3	7	4	6	9	8	2	5
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4	1	3	6	9	8	5	7	2

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